



# Developing a Mistake Ritual

Triple-Impact Competitors adopt a different mindset about mistakes. They recognize that mistakes are inevitable. As a result, they don't fear them. To help recover from mistakes, Triple-Impact Competitors use mistake rituals to allow them to quickly refocus on the most important play – the next one. Over time, they develop a mental toughness to bounce back from mistakes, which also gives them the confidence to compete aggressively on every play.

- 1 In the space below, describe the mistake ritual you plan to use this season. It may be one of the three mentioned in Chapter 1.4 (The Flush, No Sweat, or Brush It Off), or one that you create on your own.
- 2 Then identify at least one teammate or coach with whom you will share your new mindset about mistakes so they can support your effort throughout the season to recover quickly from mistakes. You can describe your mistake ritual to them so they can reinforce it from the field or sideline after you've made a mistake.

MY MISTAKE RITUAL \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

I will share my new approach toward mistakes with \_\_\_\_\_

\_\_\_\_\_

*Adapted from "Elevating Your Game: Becoming a Triple-Impact Competitor®" by PCA Founder Jim Thompson*

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